

WORKOUT(YOUNG ADULTS)

<u>Day</u>	<u>Morning Exercise</u>	<u>Afternoon Exercise</u>	<u>Evening Exercise</u>
<u>Monday</u>	<u>Brisk Walk or Jog</u>	<u>Bodyweight Strength Training</u>	<u>Yoga or Meditation</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Start the day with a 30-minute brisk walk or light jog.</u>	<u>Perform bodyweight exercises such as squats, lunges, and</u>	<u>Wind down with a calming yoga session or meditation.</u>
	<u>Focus on maintaining a steady pace and increasing</u>	<u>push-ups, using items at home like water bottles or</u>	<u>Stretch tight muscles and promote relaxation.</u>
	<u>heart rate.</u>	<u>canned food as weights. Aim for 15-20 minutes.</u>	
<u>Tuesday</u>	<u>Jump Rope or Dance</u>	<u>Circuit Training with Household Items</u>	<u>Deep Breathing and Relaxation</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Get the heart pumping with 10-15 minutes of jump rope</u>	<u>Create a circuit using household items: step-ups on</u>	<u>Practice deep breathing exercises while focusing on</u>
	<u>or dance to your favorite music for a fun cardio workout.</u>	<u>stairs, chair dips, and laundry jug lifts. Perform each</u>	<u>relaxing your body and mind.</u>

		<u>exercise for 1 minute, then rest for 30 seconds.</u>	
<u>Wednesday</u>	<u>Pilates or Yoga</u>	<u>Walking or Outdoor Activity</u>	<u>Body Scan</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Engage in a Pilates or yoga session focusing on</u>	<u>Take a walk around the neighborhood or engage in</u>	<u>Lie down comfortably and bring awareness to each part</u>
	<u>flexibility, balance, and strength.</u>	<u>outdoor activities such as gardening or playing with</u>	<u>of your body, starting from your toes up to your head.</u>
		<u>children. Aim for at least 30 minutes.</u>	
<u>Thursday</u>	<u>HIIT Workout</u>	<u>Strength Training with Resistance Bands</u>	<u>Guided Visualization</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Perform a 20-minute HIIT workout at home, alternating</u>	<u>Use resistance bands for exercises like bicep curls,</u>	<u>Listen to a guided visualization to relax and</u>
	<u>between high-intensity exercises like jumping jacks and</u>	<u>squats, and rows. Aim for 2-3 sets of 10-15 repetitions.</u>	<u>visualize positive outcomes.</u>
	<u>short rest periods.</u>		

<u>Friday</u>	<u>Dance Workout or Aerobic Exercise</u>	<u>Outdoor Yoga or Stretching</u>	<u>Community Activity</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Dance to upbeat music for 20-30 minutes.</u>	<u>Practice yoga or stretching outdoors in a park or</u>	<u>Engage in a community activity like volunteering,</u>
	<u>Alternatively, engage in an aerobic exercise like</u>	<u>green space. Focus on deep breathing and relaxation.</u>	<u>attending a local event, or supporting local businesses.</u>
	<u>walking, cycling, or swimming.</u>	<u>Aim for 15-20 minutes.</u>	
<u>Saturday</u>	<u>Community Walk or Group Exercise Class</u>	<u>Strength Training with Water Bottles</u>	<u>Family Time</u>
	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Join a community walk or attend a group exercise class</u>	<u>Use water bottles as weights for exercises like</u>	<u>Spend quality time with family or loved ones,</u>
	<u>in your neighborhood or local community center.</u>	<u>shoulder presses, bicep curls, and tricep extensions.</u>	<u>engaging in activities like cooking a meal together</u>
		<u>Aim for 2-3 sets of 10-15 repetitions.</u>	<u>or playing games.</u>
<u>Sunday</u>	<u>Rest and Recovery</u>	<u>Mindful Activities</u>	<u>Rest and Reflection</u>

	<u>Morning:</u>	<u>Afternoon:</u>	<u>Evening:</u>
	<u>Allow your body to rest and recover from the week's</u>	<u>Engage in mindful</u>	